



VILLAGE of CROTON-on-HUDSON - RECREATION

**One Van Wyck Street
Croton-on-Hudson, NY 10520
271-3006**



**www.crotononhudson-ny.gov/recreation-parks
SPRING / SUMMER 2022 / ADULT PROGRAM**

TAI CHI at the LANDING

Join instructor Nat Costanza for Tai Chi in the park.

Tai Chi is a low impact workout designed to increase your mental and physical energy. The slow rhythmic motions practiced, will improve your fitness.

Tai Chi will help you achieve total harmony of body, mind and spirit!

TAI CHI

Dates: Thursdays, June 9, June 16, June 23 & June 30 – 4 Sessions

Time: 7:00 - 8:00 PM

Location: Croton Landing Park

Fee: \$55.00 Village residents
\$65.00 School Dist/Non-Residents

Registration Deadline: June 2

Instructor: Nat Costanzo

Act# 2032 Sec 1



SPRING / SUMMER 2022 * TAI CHI * Act # 2032 Sec 1

Amount: \$55 Village Resident / \$65 School District / Non-Resident
(Checks Payable "Village of Croton")

Name: _____ Phone: _____

Address: _____

Email: _____

Emergency Name & Phone #: _____

I hereby recognize that there are inherent risks involved with participation in this program, and agrees to release and hold harmless the Village of Croton-on-Hudson, their employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above-named person may sustain as a result of participation. In the event of injury, I hereby give permission person, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care I agree to indemnify and hold harmless the Village of Croton on Hudson for any damages or injuries.

Signature: _____



Date: _____

Online Registration: www.crotononhudson-ny.gov/recreation-parks